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**ASSIGNMENT BOOKLET MODULE 1**  
**1415 Health & Personal Development 10**  
 Revised 89/02

 RECEIVED  
 DEC 12 1990
**FOR STUDENT USE ONLY**

Date Module Submitted

(If label is missing  
or incorrect)

File Number

Time Spent on Module

**FOR SCHOOL USE ONLY**Assigned  
Teacher: \_\_\_\_\_

Module Grading: \_\_\_\_\_

Graded By: \_\_\_\_\_

Date Module Received:

**Student's Questions  
and Comments**

Apply Module Label Here

Name

Address

Postal Code

Please verify that preprinted label is for  
correct course and module.Module      Assignment  
Recorded      \_\_\_\_\_**Teacher's Comments:**

Correspondence Teacher

## **ALBERTA CORRESPONDENCE SCHOOL**

### **MAILING INSTRUCTIONS FOR CORRESPONDENCE ASSIGNMENT BOOKLET**

#### **1. BEFORE MAILING YOUR ASSIGNMENT BOOKLET PLEASE SEE THAT:**

- (1) All assignments are completed. If not, explain why.
- (2) Your work has been re-read to ensure accuracy in spelling and details.
- (3) The booklet cover is filled out and the correct module label is attached.

#### **2. POSTAGE REGULATIONS**

Do **not** enclose letters with Assignments Booklets.

Send all letters in a separate envelope.

#### **3. POSTAGE RATES**

First Class

Take your Assignment Booklet to the Post Office and have it weighed. Attach sufficient postage and a **green first-class sticker to the front of the envelope, and seal the envelope.** Correspondence Assignment Booklets will travel faster if first-class postage is used.

**Try to mail each Assignment Booklet as soon as it has been completed.**

**When you register for correspondence courses, you are expected to send Assignment Booklets for correction regularly. Do not send more than one Assignment Booklet in one subject at the same time.**

**THE FRONT COVER OF THE ASSIGNMENT BOOKLET MUST BE COMPLETED FOR  
EVERY MODULE SUBMITTED FOR CORRECTION, AS ILLUSTRATED BELOW**

Correct use of Mailing labels will ensure prompt processing and grading of your **Assignment Booklets**.

The **Mailing Labels** **must** be checked for spelling and address details.

Please advise the Alberta Correspondence School promptly of any changes in name, address, school, or any other details and we will issue a revised set of labels. Your file number is permanently assigned and **must** be included on all correspondence with the Alberta Correspondence School. If the proper label is not attached to each Assignment Booklet as indicated, it will delay your **course** work being processed and credited to you.

**Mailing Labels** are to be attached to the **Assignment Booklets** in the space provided for student name and address.

Check carefully to ensure that the **subject name**, and **module number** on each label corresponds exactly with the module you are submitting.

Labels are to be **peeled** off waxed backing paper and **stuck on the cover of the Assignment Booklet**.

Only **one** label is to be placed on each **Assignment Booklet**.

FOR STUDENT USE ONLY		FOR SCHOOL USE ONLY	
Date Module Submitted  _____	(If label is missing or incorrect)  File Number  _____	Assigned Teacher: _____	
Time Spent on Module  _____	Module Number  _____	Module Grading: _____	
		Graded by: _____	
		Date Module Received: _____	
Student's Questions and Comments		Module Assignment Recorded: _____	
<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <div style="text-align: center;">MODULE</div> <div style="text-align: center;">FILE NUMBER COURSE NAME</div> <div style="text-align: center;">NAME ADDRESS</div> </div>		<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <div style="text-align: center;">NAME ADDRESS</div> </div>	
		Please verify that prepared label is for correct course and issue.	
Teacher's Comments: _____			
St. Serv. 34-88		Teacher _____	

**Module Number**

**Course Name and Number**  
**Student File Number**

**Bar Code**  
(same information as above)

**Student name and Address**

When revised labels are received, place the **correct** new labels on your **Assignment Booklets**.

**DO NOT MARK OR COVER BAR CODING.**

**CHANGE OF ADDRESS**

If the address on your Assignment Booklet differs from the address you supplied on your registration application, please explain. Indicate whether the different address is your home, school, temporary or permanent change of address.



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# **Health and Personal Development 10**

## **Module 1 Assignment Booklet**

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**EXERCISE 1**

Being motivated to work towards a goal is half of the battle won, but planning to accomplish the work involved most efficiently is the second half.

Please complete the following steps below, which outline a very simple method of devising a general study plan, in formulating a study schedule for your Health 10 course. This will give you some practice in study planning.

- (a) I have \_\_\_\_\_ health lessons to complete.
- (b) I wish to finish the course by \_\_\_\_\_. (date)
- (c) Therefore, I really have a total of \_\_\_\_\_ weeks to complete the course.
- (d) I must complete an average of \_\_\_\_\_ lessons per week in order to finish my course by the date desired.
- (e) You should count on taking about six weeks from the day you mail in an Assignment Booklet for you to get an Assignment Booklet back. Keeping in mind that only one Assignment Booklet is to be mailed each week, have you allowed yourself enough time?

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Make sure that you have delegated enough time to complete each lesson thoroughly and keep in mind the fact that some health lessons are much longer than others and will require more time.

Also, make sure that you leave enough time in your total work schedule for enough leisure activity. It is not wise to either work or play to the exclusion of the other.

Some people like to actually match certain amounts of work to specific dates on a calendar, but even if you have just formulated the general study plan above, this should give you a good start and may be all that is needed.

## ***EXERCISE 2***

If you were an educator, what educational innovations (new ideas) or changes would you make in the educational system? What would be your reasons for introducing these new ideas or making these changes?

**or**

Describe a new idea or program which has been instituted by your school or community in order to help its citizens make better use of their leisure time, or increase and develop their talents and skills. Comment on the success of the program.

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**END OF LESSON 1**

**Start reading Lesson 2 before completing any exercises beyond this point.**



## Lesson 2

### EXERCISE 1

In each of the illustrations below, state whether the person exhibits introvert, extrovert, or ambivert tendencies.

1. \_\_\_\_\_ When a friend suggested that a group of people be asked to go to a cabaret on the weekend, Pat wished that only one other couple was going to be asked, as then she would feel more comfortable and would enjoy herself more.
2. \_\_\_\_\_ Lyndon enjoys taking part in panel discussions and debates. He spends one or two evenings a week at the library reading for his own enjoyment.
3. \_\_\_\_\_ John, a freshman at a technical institute spends most Saturday and Sunday afternoons studying. He spends Sunday evenings, though, with a youth group in which he is a key figure as far as activity planning is concerned.
4. \_\_\_\_\_ Joan was always, it seemed, in the mainstream of things. If something "big" was being planned, she found it exciting to be part of it. Sometimes she found keeping up with all her interests rather hectic, but she thoroughly enjoyed being on-the-go and "involved."

### END OF LESSON 2

Start reading Lesson 3 before completing any exercises beyond this point.
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### Lesson 3

#### EXERCISE 1

Read the case studies that follow. Determine the broad behavioral mechanism that is being used in each example. Is the person using an escape mechanism, a denial mechanism or a substitution mechanism? **Explain your choice.**

1. Mr. Bronski is the personnel director of a large company. He was requested by the president to inform a new employee that he would be dismissed soon if his work attitude did not improve. Mr. Bronski kept putting off the interview, because the new employee was a friend of his and he did not want to hurt his friend's feelings.

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2. Jim is short and thin. He has problems competing in sports, because other people his age are so much stronger than he is. Jim has mastered playing the piano and has won a number of awards for his musical performance.

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3. A person who has a reputation for gossiping and telling lies about people commented, "I have lost faith in human nature. People I have trusted and have had faith in say so much about me that isn't true. All I want is to be left alone to do my work."

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**EXERCISE 2**

Write a well-planned essay on one or several of the following topics.

1. How can emotions be controlled, so they are expressed in a socially acceptable manner?
2. Have your expressions of anger changed from when you were quite young? What other emotions do you express differently now?
3. What changes would you like to make as you grow towards emotional maturity? Discuss specific emotional or personality changes.

Your essay should be **at least 300 words** long. It should contain an introduction and several supporting paragraphs.

The lined pages that follow are for your final copy.





**Start reading Lesson 4 before completing any exercises beyond this point.**

**Lesson 4**

***EXERCISE 1***

1. What is the difference between physical and psychological addiction to drugs?

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2. Why is it relatively easy to become psychologically addicted to drugs?

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3. Why do you believe so many persons are turning to non-medical use of drugs?

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4. Explain what is meant by the term “drug tolerance.”

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**END OF LESSON 4**

**Submit your Assignment Booklet for correction now.**

### QUESTIONNAIRE

1. Name in full: Ms., Mr., Mrs., Miss \_\_\_\_\_
2. Address: \_\_\_\_\_  
Town/City: \_\_\_\_\_  
Postal Code: \_\_\_\_\_ Work or School Phone No.: \_\_\_\_\_
3. Date of birth: \_\_\_\_\_
4. Which school (if any) are you attending?  
\_\_\_\_\_
5. Do you study with other students taking this course by correspondence?  
\_\_\_\_\_
6. What other courses are you studying by correspondence?  
\_\_\_\_\_
7. What high school route are you following? (general diploma program, business, vocational, university entrance)  
\_\_\_\_\_
8. What vocation do you plan to follow?  
\_\_\_\_\_
9. Mention any special factors, handicaps (e.g. jobs, illness) which may influence your progress in this course.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
10. Are you taking this course for two, three, four, or five credits? \_\_\_\_\_



## MODULE EVALUATION

Please evaluate this module. It is important that you use accurate, descriptive words. Good, well done, awful or gross do not help us much. We need to know specific examples of areas where we can improve the module.

1. Review the terms, concepts and skills presented in Module 1. List any of the terms, concepts or skills you feel were not adequately covered or explained.

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2. Would you like some additional help or information about any of the areas you listed in question 1? If so, list the areas in which you would like additional help below.

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3. (a) Did you phone your correspondence teacher(s) for help?

Yes \_\_\_\_\_ Sometimes \_\_\_\_\_ No \_\_\_\_\_

- (b) Do you feel telephoning your teacher(s) would be helpful?

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4. (a) Have you received any modules back from your correspondence teacher as yet?

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- (b) If you have received modules back from the correspondence school, tell us how we could improve our responses and suggestions.

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5. How did you find this module in general? What did you like about this module? In what other ways do you feel this module could be improved?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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